Prevention role of Students, Educational Institutions and parents from Alcoholism & substance Abuse

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Facts About Substance Abuse

- According to a recent government survey, around 16 crore Indians in the age group of 10-75 are consumers of alcohol with Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa having the highest prevalence of liquor use.

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The use of mind-altering chemicals has deleterious effects on school performance.

Students under the influence of such substances are not ready to learn and are at risk of long-term impairment of cognitive ability and memory.

Substance use is frequently associated with a lack of motivation and self-discipline as well as reduced

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- Safety issues also are of concern. Marijuana, like alcohol, is associated with increased risk of motor vehicle crashes and death.
- In addition, substance abuse is correlated with antisocial and violent behavior, such as bringing guns and knives to school, as well as other risk-taking behaviors.
- Positive drug-test results may cause increased family conflict rather than improve the home situation for the

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Educators are challenged to make the facts about drug abuse meaningful to children and adolescents without tempting them to try drugs. There are many curricula designed for school use that have been proven to be effective and are delivered to students in ways that are interesting, interactive, and developmentally

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Although many program approaches are available, some effective programs focus on enhancing students' problem-solving skills or aiding them to evaluate the influence of the media. Other effective programs help improve students' self-esteem, reduce stress and anxiety, or increase activities. These skills are taught by using a combination of methods including demonstration, practice, feedback,

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Schools may adopt a variety of alternatives to drug testing to address the issue of substance abuse, including offering after-school programs, incorporating life-skills training into drug education curricula, helping parents become better informed, providing counseling, identifying problem behaviors for early intervention, and promptly

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School-based health centers should have the capacity to counsel students who are in need of such treatment plans and connect students to available community resources.

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Schools are appropriate settings for drug prevention programs for 3 reasons:

(1)prevention must focus on children before their beliefs and expectations about substance abuse are established;

(2) schools offer the most systematic way of reaching young people; and

(3) schools can promote a broad spectrum of drug-related

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The proven approach is “life-skills training,” designed to teach skills to confront a problem-specific focus, emphasizing the application of skills directly to the problem of substance abuse. A universal school based prevention approach (most often focused on 7thgraders) that teaches general personal and social skills training combined

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Life Skills Training produces positive behavioral effects on alcohol, tobacco, and illicit drug use. This approach, with booster sessions that follow the initial program, is most effective.

These effects continue

CONCLUSIONS FROM A UNITED NATIONS INTER-AGENCY MEETING

April 1998

Life skills education is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way; it contributes to the promotion of personal and social development, the prevention of health and social problems, and the protection of human rights.

Department of Mental Health
World Health Organization
Geneva

Basic Areas of Life Skills

- Decision Making
- Problem solving
- Creative Thinking
- Critical Thinking
- Effective
- Interpersonal Relationship
- Self Awareness
- Empathy
- Coping with Emotions
- Coping with

Why these life skills are taught

- **HIV/AIDS is prevented by the teaching of life skills education in Zimbabwe and Thailand**
- **Adolescent Pregnancy is prevented by the teaching of life skills education in Mexico**
- **child abuse is prevented by the teaching of life skills education in U.K.**

Life skills Education has different Name

- **In South Africa, It is called as “Life Orientation” education**
- **In Colombia, It is called as “Integral**

Why teach life skills?

- **The following reasons why life skills are essential for primary prevention were listed during a brainstorming session:**
- **Demands of modern life, poor parenting, changing family structure, dysfunctional relationships, new understanding of young people's needs, decline of**

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- Schools may partner with rehabilitation programs to provide care for a student to help successfully reintegrate him or her.
- Educational planning is an integral part of after-care contracts that pediatricians, mental health professionals,

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The school's roles in such a collaborative relationship include identifying any underlying learning disabilities that may have contributed to the problem, making special accommodations for students when necessary, providing remedial work so that students can catch up with their classmates, helping to reinforce expectations for students to attend school and to comply with follow-up or monitoring as

Thank You